GLOBAL · SAUCE

Lacto-Fermented Garlic Cloves

25 min · plus 2–3 weeks fermenting Makes 28 × 2 cloves (6 g) 8 kcal a portion

Video 9:29 · Clean Food Living

Vegan | Gluten-free ingredients | Nut-free

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Fermentation usually mellows garlic's bite, so a couple of uncooked cloves add big flavour to dressings, dips and finished dishes for about 8 kcal. Most of the brine's salt stays in the jar: about 40 mg sodium a serve.

Diet notes: Low carb (1.7 g net carbs) but not keto: 3% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

4 · MAKES 28 × 2 CLOVES (6 G)

- ☐ about 150 g peeled **garlic** cloves (1 heaping cup)
- ☐ **onion**, 1 medium-thick slice, cut up
- ☐ a few sprigs **fresh dill or rosemary** (optional)
- ☐ 15 g (¾ tbsp fine) **salt** in 500 ml water, for the brine (about 280 ml fills the jar; the garlic takes up about 3 g)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stir 15 g salt (¾ tbsp fine salt) into 500 ml non-chlorinated water until dissolved. Wash a 500 ml jar and a fermenting weight in hot soapy water. 1:05
2. Peel the garlic, trimming off any blemishes; throw away any clove with even a speck of mould. Cut up the onion slice and snip the herbs, if using. 1:30
3. Put the onion in the bottom of the jar (it helps the fermentation start), then layer in the garlic and herbs, filling the jar about 75–80% full. 2:13
4. Pour in brine up to the jar threads, press the weight down firmly so everything is submerged, lift out any floaters and rest a loose lid on top (no burping needed). Stand it on a towel or dish to catch overflow. 2:55
5. Ferment on the counter, ideally 22–29°C, for 2–3 weeks, removing any floaters; start tasting around day 14. Bubbles for the first 7–10 days and blue-green cloves are normal. 4:49
6. When it tastes good and has no mould, remove the weight, close the lid tightly and refrigerate; it keeps for many months. 6:48

> **Tip** Makes 470 ml jar, roughly 28 two-clove serves (our estimate). Swap the herbs for chilli flakes or a dried Italian blend. Add to food after cooking to keep the live cultures.

The method is a summary in our words — the video shows every step.

One portion, 2 cloves (6 g), gives you

1 OF 28 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
8 kcal 30 kJ	0.4 g 1% of a day	1.8 g 1.7 g net · 0.1 g sugars 1% of a day	0.1 g 0% of a day	0 g 0 g saturated 0% of a day	40 mg 2% of a day

Energy from net carbs 81% · protein 19% · fat 0%

Recipe and video: Clean Food Living (@CleanFoodLiving) on YouTube — youtube.com/watch?v=-INkBemhpDs, published 24 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lacto-fermented-garlic-cloves